

# CALM DOWN YOGA FOR KIDS



**I am strong.**

Use your strength to catch tricky waves.



**I am kind.**

Stretch high and spread kindness all around.



**I am brave.**

Be brave and fearless as you fly down the ski run.



**I am friendly.**

Stretch like a dog wagging its tail.



**I am wise.**

Be a wise owl perched on a tree branch.

